

LOVE THY CARROT

real food made with love

. . . .

STRAWBERRY RHUBARB CHIA JAM, SUGAR-FREE

Rhubarb, strawberries and chia seeds make this easy stovetop jam in about 30 minutes.

This recipe will make an 8 ounce jar.

INGREDIENTS

1 pound fresh rhubarb, about 3 stalks, chopped into ¼-inch slices
1/2 cup sliced strawberries
3 tbsp honey or maple syrup
2 tbsp chia seeds
1/4 cup water
1 tbsp fresh lemon juice

DIRECTIONS

1. Combine the chopped rhubarb, strawberries, sweetener and water in a small saucepan. Cook over medium heat, until reduced, stir to help break down the fruit. If you need more water add as needed.
2. Once the fruit is soft reduce the heat and add in the chia seeds and cook for about 10 minutes until the mixture begins to thicken.
3. Remove from the heat and add in the lemon juice. Once cooled transfer to a glass jar. The mixture will thicken up a bit more as it cools.
4. Store in the refrigerator for up to two weeks.